

# CALLAHAN COURIER

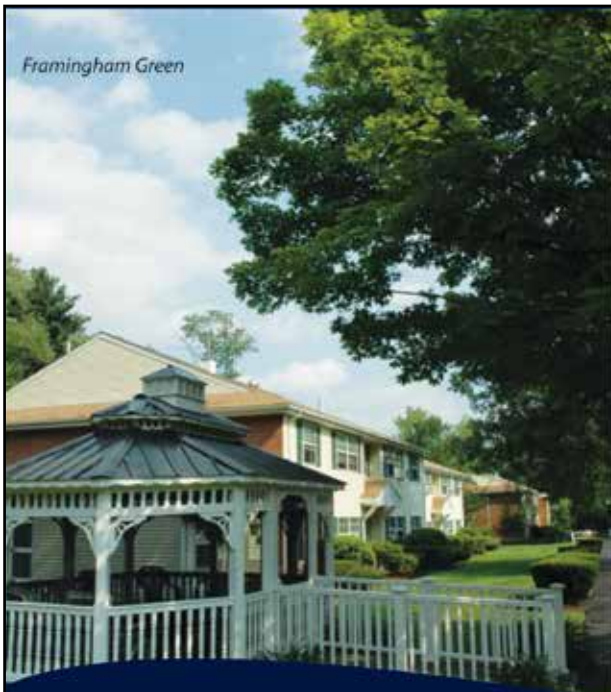
## FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 10, NO. 3, MARCH 2022





Framingham Green



Irving Square



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Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.

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Tom Keller - Regional Director  
508-361-7000

[tom@seniorcentercommunications.com](mailto:tom@seniorcentercommunications.com)



## DIRECTOR'S CORNER

### Hello Everyone,

Happy Spring! May the sprouts of buds on the trees and early spring bulbs lift your spirits.

Extending a heartfelt Thank You for **Tricia Welsby's** nearly five years as a very skilled and dedicated Administrative Assistant for the COA Department. We will miss her very much and wish her all the best as she moves on in her career in the Human Resources area.

Congratulations to the **Friends of Callahan**, for being chosen in the lottery as a charity to benefit from a Team Framingham marathon runner, **Joe Tosi**. The Friends of Callahan are choosing to direct these funds to the Continuing Connections program. This weekly program is for people with a diagnosis of early stage Alzheimer's or dementia and their care partners to participate in together. The Friends funded the initial effort for this program 10 years ago and have continued to support its operation. To date, 67 people have benefited directly from this program. Many others have learned how to better interact with people with dementia and how to support their caregivers in meaningful ways. Donations may be made payable to Friends of Callahan, with **Joe Tosi-marathon** in the memo line. The link to Joe's online profile is <https://www.givinggain.com/activist/523414/projects/45111>

The Callahan Center is known as a place to socialize with others and do group exercise. We also offer a number of support groups. We are starting up a new **Cardiac Support Group**. People with various medical conditions can feel quite alone. Support groups are a terrific way to learn from others who are walking in your shoes. Some tips you have learned might even help someone else. Check out all the support groups we have.

While most of you are familiar with Charlie Sisitsky from his many years as a selectman and most recently as one of the city's first city councilors, you have a chance to meet him as Framingham's second Mayor. Join us on March 21 at 2 p.m. on Zoom.

Spring into the new season by enjoying some great programs:  
**How Sweet It Is Part 2 - Motown, Films that Changed America,**  
**Great Tours in Greece, Textiles and Tortillas: Mayan Women**  
**in Guatemala, movie- Waking Ned Devine.**

*Grace*

## CALLAHAN CENTER

**535 Union Avenue** (Handicap Accessible), **Framingham, MA 01702**  
**Telephone: 508-532-5980**

Web address: [www.framinghamma.gov/360/Council-on-Aging](http://www.framinghamma.gov/360/Council-on-Aging)

### Hours of Operation:

Monday through Friday 8:30 a.m.-4:30 p.m.

### CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

### DISCLAIMER NOTICE

The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

## CALLAHAN CENTER STAFF

### STAFF

Grace O'Donnell, MS, Director of Elder Services  
 Randy Aylsworth, MS, Assistant Director  
 Paula Geller, Programs Manager  
 Ralph Dunlea, Computer Room Coordinator  
 Carol Glover, Front Desk Receptionist  
 Mary Kenney, Front Desk Receptionist  
 Diane Krueger, Front Desk Receptionist  
 Patty Bird, Front Desk Receptionist  
 Paul Gambrazzio, Van Driver  
 David Higgins, Van Driver



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### SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor  
 Cheryl Lavalley, LICSW, Assistant Social Services Supervisor  
 Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections  
 Sam Swisher, MBA, Outreach Volunteer Coordinator  
 Alana Dundon, Bilingual Outreach/DME Coordinator  
 Deb Bourque, BA, CDP, Continuing Connections Program Assistant

### SHINE

Michelle Gucciardi, MetroWest Regional SHINE Director

## COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

**Chairman:** Clyde Dottin

### Members:

Brenda Diaz, Audrey Hall,  
 Mike McGibbon, Betty Muto,  
 Jennifer Rich, Linda Schwartz,  
 Brian Sullivan, Glenda Thomas,  
 Ruthann Tomassini

**COA Board Meeting**  
**March 8, 1:30 p.m.**

## THE LEARNING CENTER FOR THE DEAF AUDIOLOGY CLINIC



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**LEGAL CLINIC****Tuesday, March 22, 9-11 a.m.**

Meet individually with an attorney from MetroWest Legal Services to discuss legal issues (will not advise on estates and trusts). Appointments are required. Please call Paula at 508-532-5980, ext. 4110.

**CHANGE YOUR CLOCK****CHANGE YOUR BATTERIES****Sunday, March 13, 2 a.m.**

As we spring ahead for Daylight Savings Time, the U.S. Consumer Product Safety Commission (CPSC) reminds you that now is the perfect time to check and change the batteries in smoke and carbon monoxide (CO) alarms. If either of these devices is more than 10 years old replace the whole unit.

**HELP AVAILABLE FROM****CONGRESSWOMAN CLARK'S OFFICE**

Jay Higgins from Congresswoman Katherine Clark's Office is available to discuss your federal government questions and concerns. To set up a remote meeting, please email Jay.Higgins@mail.house.gov or call 617-354-0291.

**INCLEMENT WEATHER POLICY**

If the Framingham Public Schools close due to snow or other inclement weather, there will be no activities/programs at the Callahan Center. On these days, City of Framingham staff will be available at the Center, unless the City declares an emergency closing. Please note: In the event of a delayed start for the Framingham Public Schools, the Callahan Center will also have a delayed opening. For example, if the schools have a two-hour delay, the Center will open at 10:30 am.

**TAX PREP INFO****2022 FREE AARP TAX AID AVAILABLE****Appointment Required: 508-532-5980**

AARP Tax Counselors are available to assist with filing taxes. Please note that the availability of appointments may be more limited than in prior years due to COVID-19. To receive assistance, the following income eligibility guidelines apply:

- Single or married filing separately with annual income of \$60K or less
- Head of household with annual income of \$75K or less
- Married couple filing jointly or Qualifying Widow (widow with a dependent) with annual income of up to \$80K

AARP Tax Counselors are unable to assist with complex tax returns. There is no charge for this service, however, donations to the Friends of Callahan are welcomed.

**SENIOR CIRCUIT BREAKER TAX CREDIT**

If you were age 65 or older as of December 31, 2021, you may be eligible to claim a refundable credit on your personal state income tax return. The Senior Circuit Breaker tax credit is based on the actual real estate taxes paid on the MA residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2021 is \$1,170. Guidelines for eligibility include:

- You must be a resident or part-year resident and file a Mass. personal income tax return.
- For tax year 2021, your total Massachusetts income doesn't exceed: \$62,000 for a single individual who is not the head of a household, \$78,000 for a head of household, \$93,000 for married couples filing a joint return

**For Homeowners:** If your MA property tax payments along with half of your total water and sewer expense, exceeds 10% of your total MA income for the tax year you can apply. Exclusion: The assessed value of principal residence cannot exceed \$884,000. **For Renters:** If 25% of your annual MA rent exceeds 10% of your total MA income for the tax year you can apply. (Not eligible, if you receive a federal and/or state rent subsidy or you rent from a tax-exempt entity.)

For more information speak with your tax preparer or call Mass DOR Tax Department: 617-887-6367 or 800-392-6089.

**YOU MAY BE ELIGIBLE FOR A CPA SURCHARGE EXEMPTION**

Some Framingham homeowners may be eligible for a Community Preservation Act (CPA) Surcharge Exemption from the City of Framingham. The amount of the exemption is based on income and household size and applies to owner occupied property. Eligibility information and applications are available in the Friends Cafe at the Callahan Center. **April 1 is the filing deadline for the exemption.**

**PLEASE REMEMBER TO SWIPE OR SIGN IN**

We appreciate your taking time to sign into the computers in the lobby for each of the programs and events you attend at the Callahan Center. If you don't have your key tag with you, simply enter your first name and touch "Next" on the screen; then follow the prompts. The front desk can assist with key tags and the kiosks, if you have any questions.

*Please be aware that the Callahan Center does not issue refunds for fee-based events or activities, unless those programs are canceled by the Center.*

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- SALMON VNA & Hospice



## CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS

Please call the front desk at 508-532-5980 to register.



These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Friends of Callahan.

### FILMS THAT CHANGED AMERICA

Thursday, March 24, 2-3:30 p.m.

**Presented by:** Marc Lapadula, Playwright, Screenwriter, and Sr.

**Lecturer at Yale**

**Register by 3/23**

A peculiar minority of films have had a profound impact on our culture. In this lecture, Marc Lapadula explores movies that—whether intentionally or not—have brought light to social issues. These powerful stories have resulted in changed laws, forwarded ideologies—both good and bad, and often altered the course of American history through their resounding impact on society.

Marc Lapadula, playwright and screenwriter, is an award-winning film producer and university lecturer. As Senior Lecturer at Yale University in The Film Studies Program, he has taught screenwriting seminars since 1992.

### Special evening program!

### THE MUSIC OF MOTOWN-PART 2

Tuesday, March 29, 6 p.m.

**Presented by:** Dr. Brett Abigaña

**Register by 3/28**

Few genres of music are as dance-worthy as Motown. But do you know the real story of this incredible music? Join Dr. Brett Abigaña for Part 2 of an exploration of this wonderful music, and learn about the stories of the artists, the Motown label, and the songs that we all know and love by Marvin Gaye, The Temptations, Al Green, and others! Brett Abigaña is a composer whose music has been performed throughout the world. He is much in demand as a guest lecturer, clinician, and conductor.

**JAWS**



**VIRTUAL**

### GREAT TOURS-GREECE: DELPHI, MONEMVASIA & MISTRA

Thursday, March 10, 1:30-2:30 p.m.

**Register by 3/9**

**IN-PERSON**

The Great Tours continues our unique cultural journey, as we explore the Quest for Wisdom at Apollo's Oracle in Delphi. At this legendary site, Professor Hale reconstructs the sequence and rituals of a visit to the oracle in ancient times. Then it's on to the port town of Monemvasia, a coveted trading center that offers a rich slice of Byzantine history. As the tour moves on to Mistra, we'll visit the majestic Frankish castle and take in the religious architecture at Meteora and Mount Athos.



Professor John Hale of the University of Louisville guides us through the fabulous civilizations of the Greeks, Romans, Byzantines, and Ottomans. Additional episodes in the series will be shown in the coming months.

### DO YOU HAVE TROUBLE HEARING ON THE PHONE? CHECK OUT NO-COST CAPTIONCALL

Tuesday, March 15, 9 a.m.-noon

**IN-PERSON**

**In the Friends Café**

Stop by the Friends Café to learn about no-cost telephone captioning. CaptionCall is part of a federally funded program designed to help qualified individuals with hearing loss use the phone with confidence by reading what the incoming caller is saying. CaptionCall is a federally funded program so the captioning phones are **no cost** to the user.



### In celebration of St. Patrick's Day WAKING NED DEVINE (PG)

Thursday, March 17, 1:30-3 p.m.

**Register by 3/16**

**IN-PERSON**

Special comedy showing for St. Patrick's Day! When best friends Jackie O'Shea (Ian Bannen) and Michael O'Sullivan (David Kelly) discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood. Deducing that Ned Devine is the lucky man, O'Shea and O'Sullivan pay him



a visit, only to find him dead from shock. Since Devine is the only one who can claim the prize, the townsfolk band together to convince the claim inspector that O'Sullivan is really Devine and split the cash.

### MEET FRAMINGHAM'S NEW MAYOR CHARLIE SISITSKY

Monday, March 21, 2 p.m.

**Register by 3/17**

**VIRTUAL**

Join the conversation as the Callahan Center welcomes the city's new mayor, Charlie Sisitsky, for an informal conversation. In addition to sharing his vision and plans, Mayor Sisitsky would like to know what's on your mind. Here's your opportunity to speak with the mayor about topics that matter to you. To assist in planning, please submit your questions/topics for the mayor by Wednesday, 3/16 by emailing [pgeller@framinghamma.gov](mailto:pgeller@framinghamma.gov) or calling 508-532-5980, ext. 4110.



### TEXTILES & TORTILLAS CONTEMPORARY MAYAN WOMEN IN GUATEMALA

Thursday, March 23, 1:30 p.m.

**Presented by:** Devik Wyman

**IN-PERSON**

**Register by 3/22**

The lives of many rural Mayan women in Guatemala still center around weaving intricate textiles and preparing corn tortillas for their families. Devik Wyman shares her photos of artisans, markets, beautiful Lake Atitlán, a co-op helping to empower local women, and the dramatic Easter processions in Antigua. Wyman discusses the contrasts and contradictions, such as women cooking over a wood fire while making calls on cell phones and centuries-old weaving designs that may now include shiny metallic threads. Indigenous Mayans have incorporated much from the Spanish colonial culture and the modern world, but have retained their unique identity. Spend an hour off the beaten path in a fascinating culture!



Pre-pandemic, Wyman led small-group tours to Mexico and Guatemala. She now teaches English as a Second Language and offers travel presentations for seniors.

## FITNESS &amp; WELLNESS

**PLEASE NOTE:** Did you know that many insurance providers offer a reimbursement for fitness classes? Check with your health plan provider for details and reimbursement instructions. By swiping your card at the kiosks in the lobby, we're able to generate the report that most insurers require.

**ON ZOOM AND IN PERSON!****MINDFUL LIVING & MEDITATION WITH LISA CAMPBELL**

**ON ZOOM:** Mondays, 10:30-11:30, \$3/class

**IN PERSON:** Wednesdays, 11 a.m.-noon, \$3/class

Instructor Lisa Campbell is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. Each week is a combination of mindful awareness practices, breathing techniques and meditations that help nurture a positive mindset, actively work with tension and anxiety, and so much more.

**To register for the class on Zoom, please email Paula at [pgeller@framinghamma.gov](mailto:pgeller@framinghamma.gov).**

**CHAIR YOGA WITH REBECCA REBER**

**ON ZOOM:** Tuesdays, 4:30-5:15 p.m., \$3/class

**IN PERSON:** Fridays, 11 a.m.-noon, \$3/class

Rebecca Reber leads this gentle form of yoga, which builds strength and flexibility. As with many forms of exercise, it can be modified for people of varying abilities. Rebecca Reber has been leading chair yoga classes for older adults at senior centers throughout the MetroWest area. **To register for the class on Zoom, please email Paula at [pgeller@framinghamma.gov](mailto:pgeller@framinghamma.gov).**

**FIRST FRIDAYS STRETCH WITH ANTHONY****VIRTUAL**

**Friday, March 4, 10:30-11 a.m., Free**

This half-hour stretch class will help keep your

muscles flexible, strong and healthy. Older adults need flexibility in order to maintain a range of motion in the joints. This class - offered the first Friday of every month - will teach you how to keep your whole body loose with simple stretches you can do on your own from the comfort of home. **New** participants should email Paula at [pgeller@framinghamma.gov](mailto:pgeller@framinghamma.gov) to register.

**STRENGTH TRAINING/CARDIO WITH DELANEY**

**Mondays, Wednesdays & Fridays, 9:30 a.m. \$3/class**

We will use large muscle groups in rhythmic motions to help you strengthen your core and burn calories. The class will encompass a warm-up followed by workouts focusing on the upper body, lower body, and core (on a chair or floor/mat). Participants may use hand weights and resistance bands if you have them.

**TAI CHI WITH JON WOODWARD**

**Mondays, 12:30-1:30 p.m., \$4 per class**

Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. Although no prior experience is necessary, this class involves one hour of movement without the assistance of a cane/walker.

**ZUMBA WITH SUSAN CRAVER**

**Tuesdays & Thursdays, 11 a.m., \$3 per class**

Zumba mixes Latin rhythms and easy-to-follow moves, so you have fun while exercising. Instructor Susan Craver has been teaching dance for over 25 years.

**AEROBICS WITH ANTHONY**

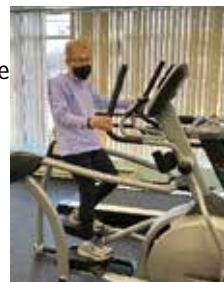
**Tuesdays, 9:30-10:15 a.m., Free**

This weekly, low-impact aerobics class combines the benefits of strength training, cardio and stretching. Movements can be done from a standing or seated position. Participants may use light hand weights if you have them.

**CALLAHAN FITNESS CENTER****TRY OUR SUSPENSION ELLIPTICAL**

**Monday through Friday, 9 a.m. to 4 p.m.**

The Vision Fitness Elliptical is ergonomically designed to engage the whole body while protecting the user's joints. This self-powered machine makes it easy to get started and have a comfortable workout. The elliptical is one of eight state-of-the-art fitness machines - including



a treadmill and rower - available at the Callahan Fitness Center. The Fitness Room is open to adults age 55+. You must first register by completing a waiver and release form available at the front desk. A \$2 admission fee enables users up to 50 minutes of access to the equipment at a time.

**CARDIAC SUPPORT GROUP**

**March 8, 10 a.m.**

**NEW**

A new Cardiac Support Group is forming at the Callahan Center. Nurse Practitioner Sandy Guidrey, CNP, will facilitate this educational, drop-in group, which will meet the 2nd Tuesday of every month at 10 a.m. This month's meeting will be offered on Zoom, with the potential for onsite meetings to be held at Callahan at a later date.

**Please call the front desk at 508-532-5980 by 3/7 to register for the Zoom code.**

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## DID YOU MISS A CALLAHAN PROGRAM? CHECK OUT ACCESS FRAMINGHAM TV

Some Callahan Center programs are now available on Access Framingham TV (AFTV). Visit [www.accessfram.tv](http://www.accessfram.tv) and click on the "WATCH" tab at the top for a program schedule or video on demand. In Framingham, tune into AFTV on: Comcast channel 9, RCN HD channel 1100 or channel 3, or Verizon channel 43.



Watch **Frank and Mary in Framingham**, a monthly show with co-hosts Grace O'Donnell and Arthur Bergeron, featuring topics of interest to seniors. This show airs on Tuesday, Thursday, and Saturday at 9am and is available via video on demand.

Special thanks to Callahan volunteer Bill Rabkin for recording and editing the programs to air on AFTV.

## CONNECT WITH FAMILY & FRIENDS CHROMEBOOKS & DISCOUNTED BROADBAND AVAILABLE

### DO YOU MISS SEEING FAMILY AND FRIENDS?

We have volunteers who can teach you how to Zoom so you can see and hear family and friends on a Chromebook! These devices are larger than a cell phone but smaller than a computer. They're free to borrow for up to 12 months AND - through 2022 - free data plans are available for people who are 60 and older and meet income guidelines. To learn more, contact Sam Swisher at 508-532-5980, ext. 4113.



### UPDATE: FINANCIAL ASSISTANCE AVAILABLE TOWARD INTERNET SERVICE

The former Emergency Broadband Benefit available from the FTC is transitioning to the Affordable Connectivity Program (ACP). The ACP is a benefit program to ensure that households can afford the broadband they need. The ACP provides a discount of up to \$30/month toward broadband service for eligible households. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. Specific terms apply. Please note: recipients of the former Emergency Broadband Benefit have until March 1, 2022 to transition to the ACP. To learn more, visit [www.fcc.gov/acp](http://www.fcc.gov/acp) or call 877-384-2575.

## DISCUSSION GROUPS, GAMES & MORE

### IN-PERSON ACTIVITIES

*These activities are also listed on the calendar on pages 12-13.*

### TEMPORARY CHANGE IN COMPUTER ROOM HOURS

*Please note that due to AARP Tax Prep appointments at the Callahan Center, the computer room will only be open to the public on Mondays from 9-4 and Thursday & Friday mornings from 9-noon through April 15.*

**ASK THE COMPUTER EXPERTS:** Thursdays, 10 am-noon  
**BEADING WITH MARILYN:** Meeting will resume in the spring  
**BLOOD PRESSURE CLINIC:** Wednesdays, 9-noon  
**BOOK DISCUSSION GROUP:** Thursday, March 3, 1:30-2:30 pm  
**BOWLING:** Mondays, 10 am (Call Bev at 508-545-1068 for more info.)  
**CHAIR VOLLEYBALL:** Tuesdays, 12:30 pm  
**COMPUTER ROOM:** Mon. 9 am-4 pm; Thurs. & Fri., 9-noon  
**CONTRACT BRIDGE:** Tuesdays, 8:45 am-noon  
**CRIBBAGE:** Thursdays, 9:30 am-11:30 pm  
**DISCUSSION GROUP:** Thursdays, 11 am-12:30 pm  
**GENEALOGY GROUP:** Mondays, 1-4 pm  
**GRUPO LATINOAMERICANO:** Thursdays, 10:30 am-12:30 pm  
**KNITTERS:** Friday, March 25, 10:30 am-noon  
**MAH JONGG:** Tuesdays, 11 am-4 pm & Thursdays, 10 am-2 pm  
**MARY MAKE DO (sewing/quilting):** Mondays, 10 am-4 pm  
**OPEN SEW:** Fridays, 9 am-4 pm  
**PINOCHLE:** Mondays and Tuesdays, 9-10:30 am  
**POKER:** Fridays, 9-11 am  
**POOL TABLES:** Mon, Wed, Thurs, & Fri, 8:30 am-4 pm; **Tues, 12:30-4 pm**  
**RED HAT HONEY BEES:** Next Meeting-Tuesday, April 26, 1-4 pm, \$2 per month  
**SCRABBLE:** Mondays, 12-3 pm  
**SPORTS FANATICS:** Mondays, 10 am  
**TABLE TENNIS:** Mon through Fri, 8:30-4:30 pm

### PROGRAMS CONTINUING ON ZOOM:

**CONVERSATION & HUMOR:** Fridays, 12:30 pm  
**TRAVEL DISCUSSION GROUP:** Wednesday, March 9, 3:30 pm

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**BETTER BREATHERS GROUP**

Meetings will resume in April.

**BEREAVEMENT SUPPORT GROUP**

**Meeting at Callahan plus dial-in from home! Tuesdays, March 8 & 22, 1 p.m.**

This group, led by Bereavement Clinician Jeanie Cooper-Carson, M.A., Ph.D., is offered in partnership with Good Shepherd Community Care. The group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108.

**CAREGIVER SUPPORT GROUP**

**Thursday, March 24, 2-3 p.m.**

If you are interested in learning more about this group, please contact Cheryl Lavallee, LICSW, at 508-532-5980, ext. 4134.

**GRANDPARENT SUPPORT GROUP**

Contact Lisa at 508-532-5980, ext. 4108 for more information and to arrange a pre-screening for the Grandparent Support Group.

**LOW VISION GROUP**

**Wednesday, March 16, 11-12:30 p.m.**

For more information please call the front desk: 508-532-5980, ext. ).

**PARKINSON'S SUPPORT GROUP**

**ON ZOOM: Tuesdays, March 1 & 15, 1-2 p.m.**

Meets the 1st and 3rd Tuesday of each month. Please call Lisa at 508-532-5980, ext. 4108 for more information.

**VOLUNTEERS NEEDED****BAYPATH OMBUDSMAN PROGRAM**

BayPath Elder Services' Long Term Care Ombudsman Program needs volunteers to visit long-term care facilities in the Framingham area to make sure residents are getting the care and service they expect. Volunteers work with residents, staff, and families to achieve this end. The initial time commitment is a certification training that is being held virtually: 2 to 3 hour sessions twice a week for 3 weeks, then additional on-site training. Once training is complete it is asked that you spend up to 2 hours a week in the nursing home seeing residents and advocating on their behalf. There is much flexibility once the training is completed. It is actually encouraged that you visit different days/times to get a better sense of the facility you cover. There is also a monthly volunteer meeting to discuss issues, best practices and receive ongoing training and support. If you have a few hours a week and are interested, please contact Mary Brooks, Director of Ombudsman Program at 508-573-7235.

**ARE YOU IN NEED OF MEDICAL EQUIPMENT?**

Durable Medical Equipment (DME) loans and donations have resumed at the Callahan Center.

**It is important to call in advance to reserve a requested item, as our inventory is limited.**

Contact Social Services at 508-532-5980, ext. 2. All messages will be returned within 1 business day. (Donations of gently-used and cleaned items are accepted during business hours listed on page 3.)

**FRAMINGHAM FOOD RESOURCES**

The Framingham area offers a variety of resources for meals and groceries. For a complete listing, visit <https://www.framinghamma.gov>. Select "COVID 19 Information" on the homepage. On the COVID 19 page, select "Access Food" from the menu options. If you're unable to access the internet, call the Callahan Center for information.

**BEHAVIOR HEALTH RESOURCES**

**The COVID-19 pandemic is stressful for many. It is essential to care for yourself and manage your mental health.**

**Behavioral Health Partners of MetroWest**

is a collaboration of local provider agencies with expertise in mental health, substance use and addiction. Call 1-844-528-6800, Monday-Friday for a free consultation with a care coordinator who can connect you to the appropriate service based on your needs.

**Advocates Psychiatric Emergency Services:**

Crisis team provides assessment and intervention via telephone and video for those experiencing a mental health and/or substance use emergency. Available 24 hours a day at 800-640-5432. [Virtual support groups](https://www.advocatespsych.org/virtual-support) also available.

**Call 2 Talk** offers mental health, emotional support, and suicide prevention. Assistance is available 24 hours a day. Call: 2-1-1 or (508) 532-2255 or Text: C2T to 741741

**LGBTQ Parent & Caregiver Helpline:**

866-427-3524

**Veteran's Crisis Line:** 800-273-8255**Network of Care Massachusetts:**

Comprehensive statewide online resource - <https://massachusetts.networkofcare.org/mh/index.aspx>

**FRAMINGHAM PUBLIC LIBRARY INFO HUB**

Visit Info Hub for the latest news and resources from Framingham Public Library, along with important information—about COVID-19 and more—from the City of Framingham: [www.framinghamlibrary.org/info-hub](https://www.framinghamlibrary.org/info-hub)



# CARLYLE HOUSE

342 Winter Street, Framingham, MA  
[www.carlylehouse.biz](http://www.carlylehouse.biz)

508-879-6100

*Carlyle House is proud to be serving the community for over 30 years.*

We are a 55 bed, single-level skilled nursing facility nestled on beautifully landscaped grounds close to the heart of Framingham. We are responsive to the needs of both our short-term and long-term residents. Our new short-term wing, along with our innovative therapy team, is geared to provide the rehabilitation needed for your return home.





## SOCIAL SERVICES DEPARTMENT

**CONSUMER TIP**

Have you ever encountered a disagreement with a business that you've been unable to resolve? Keep good notes along the way – a history of your calls and copies of letters sent. Once you've exhausted all channels of communication, consider exploring outside resources:

Consumer Assistance Office Metro West:  
508-651-8812

Better Business Bureau: 508-652-4800  
Mass. Attorney General Consumer Hotline:  
617-722-8400

**ACCESSIBLE HOME MODIFICATION & MEDICAL TAX DEDUCTIONS**

Many older adults are making accessibility modifications in order to remain independent in their homes. Our Federal and State government provide tax incentives to homeowners, who accrue costs installing special equipment to accommodate a medical condition or disability. Examples include: widening doorways, constructing a wheelchair ramp, adding grab bars/support bars in the bathroom, modifying hardware on doors or cabinets, or installing railings. Please check the IRS Tax Code and speak with your tax preparer.

**HOME ENERGY & FUEL ASSISTANCE PROGRAM FOR 2022**

Callahan's Social Services Department is currently processing NEW Fuel Assistance Applications for Framingham residents who are age 60 and older and applying for the first time. Please contact Cheryl at 508-532-5980, ext. 4134 for information and eligibility requirements.

**STILL NEED THE COVID-19 VACCINE OR BOOSTER?**

Thanks to generous funding from Older Americans' Act funding administered by BayPath Elder Services and the CARES Act, Framingham

residents age 60+ may request free taxi service to get the COVID-19 vaccine. Contact Sam Swisher at [sps@framinghamma.gov](mailto:sps@framinghamma.gov) or call 508-532-5980, ext. 4113 and leave a message.

**FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS! Face coverings required.****\*FREE CALLAHAN SHARED-RIDE VAN:**

Thanks to generous funding from MWRTA, the Callahan Center shared-ride van is operating free to residents 55 and older and those with disabilities for destinations within Framingham and to/from Market Basket in Ashland. You must be registered with the Callahan Center and MWRTA to access this service. Service available Mon. to Thurs. 9 am to 3:30 pm and Fri. 9 am to 1:30 pm. Call the Callahan Center at 508-532-5980 to initially register for van service. Once your registration is confirmed, contact the MWRTA Call Center at 508-820-4650 to schedule rides. (\*Be aware the return to \$2 fares each way may be reinstated at some point in the future – we will keep you informed.)

**FREE TAXI SERVICE AGE 60+:**

Do you need to get to a destination beyond Framingham and need someone else to drive you or you can't afford the taxi fare? The Callahan Center has been able to utilize funds from Metrowest Health Foundation and the Community Development Block Grant to provide Framingham residents ages 60+ with **FREE** round-trip taxi rides from Tommy's Taxi beyond Framingham's borders for medical appointments and other necessities. **It is essential to call at least one week in advance to request this service.** Weekend and evening service may be possible. If you have appointments in Boston's medical area or transportation needs to communities beyond Framingham, please contact Sam Swisher at 508-532-5980, ext. 4113.

**IS MONEY TIGHT THESE DAYS? WE COULD HAVE A SOLUTION!**

Many people over the age of 60 are eligible for SNAP and don't use it. **This could mean as much as \$100 per month available to buy groceries.** The money you save on your grocery bill could be put towards other expenses. Please contact the Callahan Center's Social Services Department to see if you qualify.

**THANK YOU BAYPATH ELDER SERVICES!**

Thanks to Title III Older Americans Act funding, administered by BayPath Elder Services, the Continuing Connections program is available during this year free of charge to its participants. We are grateful for this funding and the generosity of participants who have provided voluntary donations to the program.

**WITH MEDICARE PLANS, DOES IT MATTER WHICH PHARMACY YOU USE?**

**YES, the pharmacy you use could make a big difference in the cost of your drugs!**

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price. For 2022, all the 21 Medicare drug plans have preferred pharmacies as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Callahan Center at 508-532-5980, ext. 0. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

Enjoy these discounts from some of the eateries in our Framingham area



**Bertucci's**

**\$5 OFF**

any purchase of \$25 or more

Offer Good at Framingham location only

508-879-9161

[www.bertuccis.com](http://www.bertuccis.com)

150 Worcester Road

Framingham, MA 01702

Hours: Mon.-Thurs., Sun. 11AM - 10PM,  
Fri. & Sat. 11AM - 11PM

**TERMS & CONDITIONS:**  
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 3/31/22.

**BURGER KING**

**FREE Whopper**

Purchase One Whopper at Regular Price and Receive 2nd Whopper FREE

**FREE Chicken Sandwich**

Buy One Chicken Sandwich at Regular Price and Receive 2nd Chicken Sandwich FREE

508-875-9832

[www.bk.com](http://www.bk.com)

259 Cochituate Road

Framingham, MA 10701

**TERMS & CONDITIONS:**  
Not valid on BK® Delivers or BK® App mobile ordering purchases. Limit one per customer. Not to be used with any other coupons or offers. Void where prohibited. Sales tax may apply. Cash value 1/100¢. This offer may not be available in all Burger King® restaurants, and participation may vary by restaurant. Not valid in PR, AK & HI or outside the U.S. Offer expires 3/31/22.

**McDonald's**

**One FREE**

Breakfast, Lunch or Dinner Sandwich

508-879-1650

[www.mcdonalds.com](http://www.mcdonalds.com)

Route 30 Mall, 343 Cochituate Rd.

Framingham, MA 01701

**TERMS & CONDITIONS:**  
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 3/31/22.



## FRIENDS BOARD MEMBERS

**President**.....Mary Megill  
**Vice President**.....Patrick Dunne  
**Recording Secretary**.....Elaine Murphy  
**Treasurer**.....Len Brenner  
**Assistant Treasurer**.....Michelle Nicholas  
**Event Chair**.....Sheila Watnick  
**Membership Chair**.....Norma Kramer  
**Sunshine Lady**.....Carol Lach

### Members:

Roger Appell, Karin Beth, Jim DeSimone,  
 Chris Lorant, Bea Mooar, JoAnn Morse

## FRIENDS BOARD MEETING

Tuesday, March 1 at 2:30 p.m.

To ensure that you receive updates from the Friends, please send your email address to: [callahan.friends@yahoo.com](mailto:callahan.friends@yahoo.com)

## FRIENDS DINE-AROUND

OWEN O'LEARY'S, Southborough

Wednesday, March 9

**Pick up a flyer at Callahan to bring with you!**

THINK SPRING! We are back by popular demand at Owen O'Leary's. 15% of the food portion of your bill will be donated back to Friends of Callahan Center. Good for dine in, takeout or catering - NOT delivery. Everyone who signs up at the front desk (508-532-5980) and participates will be registered for a chance to win a \$25 Gift Card to the restaurant. Pick up a Dine-Around Flyer at the Center or print one from Constant Contact to give restaurant staff when paying your bill. Flyer must be presented to ensure that 15% of the food portion of the bill will be donated back to the Friends of Callahan. Winner agrees that first and last name can be used by the Friends of Callahan Center to announce the winner. Owen O'Leary's is located at 50 Turnpike Rd. (Route 9 E), Southborough and can be reached at: 508-481-1714.



## A NOTE FROM THE FRIENDS OF CALLAHAN

**Spring!** We often describe spring as a time of rebirth, renewal and awakensess. During the past few months we have brought some wonderfully talented people to our Friends of Callahan Board.

We continue to support cultural programs at the Callahan Center in part with the Framingham Cultural Council.

Each year the Team Framingham Steering Committee holds a random lottery drawing

to select a predetermined number of charities and runners (Framingham residents) to participate in the Boston Marathon as part of Team Framingham. This year the Friends of Callahan was one of the lottery picks for Team Framingham and Joe Tosi will run the Boston Marathon on behalf of the Friends of Callahan. These proceeds will support the Callahan Center's Continuing Connections Program. Please consider donating to Joe Tosi's run to Boston on April 18, 2022.

Remember, "Today is full of possible."

**Friends of Callahan - Mary Megill, President**

## THE SUNSHINE LADY'S CORNER

The Friends would like to reach out to members in time of need. The Sunshine Lady - Carol Lach - can help brighten their day and/or offer condolences. Please call the front desk at 508-532-5980, ext. 0 and leave a message. Your request will be forwarded to the Sunshine Lady who mails cards on behalf of the Friends of Callahan.



### SAVE THE DATE:

April Dine-Around  
 at China Gourmet:  
 4/20



Not a member of the Friends of Callahan?  
 It's easy to join!



Fill Out Form

Membership is \$15.00 for individual and \$20.00 for couples.

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address, City, State, Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Cell Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

*The Friends of Callahan Senior Center, Inc. Is a non-profit 501(c)3 organization.*

# Good Bank. Good Neighbor.

[MutualOne.com](http://MutualOne.com)

Member FDIC/SIF

MutualOne Bank  
 has a proud history of "doing good."  
 Whether providing grants through the MutualOne Charitable Foundation, contributions to fund local programs or events, or sending employee volunteers to help make a difference, MutualOne is proud to be a good bank - and good neighbor.



Framingham 828 Concord Street • One Lincoln Street  
 Natick 49 Main Street • 508.820.4000



## COVID-19 UPDATE & RESOURCES

**FREE AT-HOME COVID TESTS:** Every home in the U.S. is eligible to order four free at-home COVID-19 tests from the federal government. There's a limit of one order of four tests per residence. To place an order, call: 1-800-232-0233 or visit [www.covidtests.gov](http://www.covidtests.gov).

### NEW ONLINE ACCESS TO YOUR COVID

**VACCINATION RECORD:** A new tool gives Massachusetts residents a new way to access their COVID-19 digital vaccine card and vaccination history. People who received their vaccination in Massachusetts can now access their own vaccination history, generate and print a COVID-19 digital vaccine card, as well as generate a QR code that can be used to verify vaccination.

**How It Works:** A person enters their name, date of birth, and mobile phone number or email associated with their vaccine record. After creating a 4-digit PIN, the user receives a link to their vaccine record that will open upon re-entry of the PIN. The electronic record shows the same information as a paper CDC vaccine card: name, date of birth, date of vaccinations, and vaccine manufacturer. You can print out a copy for a paper record OR save the QR code to your phone for a digital record. Available online at [myvaxrecords.mass.gov](http://myvaxrecords.mass.gov).

### VACCINE PROGRAM FOR THOSE WHO ARE

**HOMEBOUND:** For Framingham residents: If you are homebound and unable to get to a vaccine site, please call the City's Public Health Nursing Office at 508-532-5667. Leave your name, phone number and address, and someone will return your call within 24 hours. **For those outside of Framingham:** Please call 833-983-0485, Monday through Friday from 9am to 5pm. Phone representatives speak English and Spanish, and translation services are available in 100+ languages.

### MASKS REQUIRED AT THE CALLAHAN CENTER

Please remember that, per a City mandate, face coverings are required at the Callahan Center. Disposable masks are available at the Center. Those who are exempt from the face coverings requirement include persons for whom a face mask or covering creates a health risk or is not safe. If you are not feeling well, we ask that you stay home. If you think you've been exposed, get tested and stay isolated until you get the results. This guidance is subject to change.

## TIPS TO HELP YOU PREPARE IN CASE OF EMERGENCY

### Wireless Emergency Alerts (WEA)

The Wireless Emergency Alerts (WEA) enables cellphones to receive alerts for severe weather emergencies, imminent threats to life or property, AMBER alerts, and Presidential alerts. You do not need to subscribe to any service to receive alerts. The alerts are sent to all WEA-enabled devices in the impacted region. The FCC requires all wireless carriers that do not participate in WEA to notify customers. Check with your mobile carrier, if you're unsure if you have a WEA-enabled phone.

### Smart 911

Create a free, Safety Profile at [www.Smart911.com](http://www.Smart911.com). With Smart911, you can create your own Safety Profile to give 9-1-1 valuable information about yourself, family members, your home, pets, and even vehicles that will automatically display on the 9-1-1 call taker's screen when you make an emergency call. It's private and secure, and you control what information is in your profile. These details can save valuable seconds or even minutes during an emergency. *Note: If you need help creating your Safety Profile, please visit the Callahan Center Computer Room on Thursday mornings 9:00-noon or call to make an appointment.*

### Register for Framingham News & Announcements

Select the types of alerts you would like to receive at [www.framinghamma.gov/list.aspx](http://www.framinghamma.gov/list.aspx)

### Emergency Prep Booklet Available

Check out the Personal Emergency Workbook available from the Mass. Office on Disability. The workbook helps you create a personal record with all your vital information...ready to go in the event of an emergency. The workbook is available online at: [www.mass.gov/doc/personal-emergency-preparedness-planning-workbook/download](http://www.mass.gov/doc/personal-emergency-preparedness-planning-workbook/download). Copies are also available at the Callahan Center in the Friends Café.

### Recommended Preparedness Websites

For more information, including how to assemble a basic emergency supply kit, visit:

[www.mass.gov/be-prepared-for-emergencies](http://www.mass.gov/be-prepared-for-emergencies)

[www.framinghamma.gov/2022/emergency-preparedness](http://www.framinghamma.gov/2022/emergency-preparedness)



## UNPARALLELED COMFORT AND CONVENIENCES

- Warm and gracious setting for seniors needing a little help with daily routines
- Private or shared apartments
- Individual attention from trained PCAs and a skilled recreation team
- Alzheimer's care
- Social events and recreation



**WHITNEY PLACE**  
ASSISTED LIVING AND MEMORY CARE



Three Vision Drive, Rt. 9 West, Natick, MA 01760

508.655.5000

[WWW.SALMONHEALTH.COM](http://WWW.SALMONHEALTH.COM)



**SALMON**  
HEALTH and RETIREMENT

### CONTINUUM OF CARE

- THE WILLOWS Retirement Communities
- WHITNEY PLACE Assisted Living and Memory Care
- BEAUMONT Skilled Nursing and Rehabilitation
- SALMON VNA & Hospice

## Monday

## Tuesday

**SPECIAL PRORAMS ON ZOOM THIS MONTH**

Meet the New Mayor-Charlie Sisitsky  
3/21, 2 pm

Films that Changed America  
3/24, 2-3:30 pm

The Music of Motown  
3/29, 6 pm

**FITNESS & DISCUSSION GROUPS ON ZOOM**

Stretch with Anthony: 3/4, 10:30 am (free)

Mindful Living & Meditation: Mondays,  
10:30 am (\$3)

Chair Yoga: Tuesdays, 4:30 pm (\$3)

Conversation & Humor: Fridays, 12:30 pm

Travel Discussion Group: 3/9, 3:30 pm

8:30-4 Table Tennis  
8:45 Contract Bridge  
9-4 Fitness Room \$2  
**9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.**  
Computer Room  
9 Pinochle  
9:30 Aerobics, Free  
11 Zumba \$3  
11-4 Mah Jongg  
12:30-4 Pool Tables  
12:30 Chair Volleyball  
1-2 **ZOOM:** Parkinson's Support Group

**2:30 Friends Board Meeting**  
4:30-5:15 **ZOOM:**  
Chair Yoga \$3

1

8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-4 Fitness Room \$2  
9-4 Computer Room  
9 Pinochle  
9:30 Strength Training/Cardio \$3  
10 Bowling: Ryan Family Amusements, Millis \$13  
10-4 Mary Make Do  
10-11:30 Sports Fanatics  
10:30 **ZOOM:** Mindful Living & Meditation \$3  
12-3 Scrabble  
12:30 Tai Chi with Jon Woodward \$4  
1-4 Genealogy Group

7

8:30-4 Table Tennis  
8:45 Contract Bridge  
9-4 Fitness Room \$2  
**9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.**  
9 Pinochle  
9:30 Aerobics, Free  
10 **NEW-ZOOM:** Cardiac Support Group  
11 Zumba \$3  
11-4 Mah Jongg  
12:30-4 Pool Tables  
12:30 Chair Volleyball  
1 Bereavement Support Group  
**1:30 COA Board Meeting**  
4:30-5:15 **ZOOM:** Chair Yoga \$3

8

8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-4 Fitness Room \$2  
9-4 Computer Room  
9 Pinochle  
9:30 Strength Training/Cardio \$3  
10 Bowling: Ryan Family Amusements, Millis \$13  
10-4 Mary Make Do  
10-11:30 Sports Fanatics  
10:30 **ZOOM:** Mindful Living & Meditation \$3  
12-3 Scrabble  
12:30 Tai Chi with Jon Woodward \$4  
1-4 Genealogy Group

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8:30-4 Table Tennis  
8:45 Contract Bridge  
9-4 Fitness Room \$2  
**9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.**  
9 Pinochle  
**9-noon Check Out No-Cost CaptionCall in the Friends Café**  
9:30 Aerobics, Free  
11 Zumba \$3  
11-4 Mah Jongg  
12:30-4 Pool Tables  
12:30 Chair Volleyball  
1-2 **ZOOM:** Parkinson's Support Group  
4:30-5:15 **ZOOM:** Chair Yoga \$3

15

8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-4 Fitness Room \$2  
9-4 Computer Room  
9 Pinochle  
9:30 Strength Training/Cardio \$3  
10 Bowling: Ryan Family Amusements, Millis \$13  
10-4 Mary Make Do  
10-11:30 Sports Fanatics  
10:30 **ZOOM:** Mindful Living & Meditation \$3  
12-3 Scrabble  
12:30 Tai Chi with Jon Woodward \$4  
1-4 Genealogy Group  
**2 ZOOM: Meet New Framingham Mayor Charlie Sisitsky**

21

8:30-4 Table Tennis  
8:45 Contract Bridge  
9-4 Fitness Room \$2  
**9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.**  
9 Pinochle  
**9-11 Legal Clinic, appt. req.**  
9:30 Aerobics, Free  
11 Zumba \$3  
11-4 Mah Jongg  
12:30-4 Pool Tables  
12:30 Chair Volleyball  
1 Bereavement Support Group  
4:30-5:15 **ZOOM:** Chair Yoga \$3

22

8:30-4 Pool Tables Open  
8:30-4 Table Tennis  
9-4 Fitness Room \$2  
9-4 Computer Room  
9 Pinochle  
9:30 Strength Training/Cardio \$3  
10 Bowling: Ryan Family Amusements, Millis \$13  
10-4 Mary Make Do  
10-11:30 Sports Fanatics  
10:30 **ZOOM:** Mindful Living & Meditation \$3  
12-3 Scrabble  
12:30 Tai Chi with Jon Woodward \$4  
1-4 Genealogy Group

28

8:30-4 Table Tennis  
8:45 Contract Bridge  
9-4 Fitness Room \$2  
**9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.**  
9 Pinochle  
9:30 Aerobics, Free  
11 Zumba \$3  
11-4 Mah Jongg  
12:30-4 Pool Tables  
12:30 Chair Volleyball  
4:30-5:15 **ZOOM:** Chair Yoga \$3

29

**6 ZOOM: The Music of Motown - Part 2, Presented by Brett Abigaña**





| Wednesday  | Thursday  | Friday   |
|--|---|--|
| <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Fitness Room \$2<br/><b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>9-12 Blood Pressure Clinic<br/>9:30 Strength Training/Cardio \$3<br/>11 Mindful Living &amp; Meditation \$3</p> <p>2</p>  | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Fitness Room \$2<br/><b>9-12 Computer Room</b><br/>9:30 Cribbage<br/>10-2 Mah Jongg<br/>10-12 Ask-the-Experts<br/>10-11:30 Grandparent Support Group<br/>10:30-12:30 Grupo Latinoamericano<br/>11 Zumba \$3<br/>11 Discussion Group<br/><b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/><b>1:30 Book Discussion Group</b></p> <p>3</p>   | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-12 Computer Room<br/>9-4 Fitness Room \$2<br/>9-4 Open Sew<br/>9 Poker<br/>9:30 Strength Training/Cardio \$3<br/>10:30 <b>zoom:</b> Stretch with Anthony, Free<br/>11 Chair Yoga with Rebecca \$3<br/>12:30 <b>zoom:</b> Conversation &amp; Humor<br/><b>12:30-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b></p> <p>4</p> |
| <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Fitness Room \$2<br/><b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>9-12 Blood Pressure Clinic<br/>9:30 Strength Training/Cardio \$3<br/>11 Mindful Living &amp; Meditation \$3<br/>3:30 <b>zoom:</b> Travel Discussion Group</p> <p>9</p> <p><b>FRIENDS DINE AROUND OWEN O'LEARYS</b><br/>50 Turnpike Rd.<br/>Rte. 9 E Southborough<br/>508-481-1714</p>  | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Fitness Room \$2<br/><b>9-12 Computer Room</b><br/>9:30 Cribbage<br/>10-2 Mah Jongg<br/>10-12 Ask-the-Experts<br/>10:30-12:30 Grupo Latinoamericano<br/>11 Zumba \$3<br/>11 Discussion Group<br/><b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/><b>1:30 Great Tours-Greece: Delphi, Monemvasia &amp; Mistra</b></p> <p>10</p>   | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-12 Computer Room<br/>9-4 Fitness Room \$2<br/>9-4 Open Sew<br/>9 Poker<br/>9:30 Strength Training/Cardio \$3<br/>11 Chair Yoga with Rebecca \$3<br/>12:30 <b>zoom:</b> Conversation &amp; Humor<br/><b>12:30-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b></p> <p>11</p>  |
| <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Fitness Room \$2<br/><b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>9-12 Blood Pressure Clinic<br/>9:30 Strength Training/Cardio \$3<br/>11 Mindful Living &amp; Meditation \$3<br/>11 Low Vision Support Group</p> <p>16</p>   | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Fitness Room \$2<br/><b>9-12 Computer Room</b><br/>9:30 Cribbage<br/>10-2 Mah Jongg<br/>10-12 Ask-the-Experts<br/>10:30-12:30 Grupo Latinoamericano<br/>11 Zumba \$3<br/>11 Discussion Group<br/>12-1:30 Grandparent Support Group<br/><b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/><b>1:30-3 Movie: Waking Ned Devine (PG)</b></p> <p>17</p>   | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-12 Computer Room<br/>9-4 Fitness Room \$2<br/>9-4 Open Sew<br/>9 Poker<br/>9:30 Strength Training/Cardio \$3<br/>11 Chair Yoga with Rebecca \$3<br/>12:30 <b>zoom:</b> Conversation &amp; Humor<br/><b>12:30-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b></p> <p>18</p>  |
| <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Fitness Room \$2<br/><b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>9-12 Blood Pressure Clinic<br/>9:30 Strength Training/Cardio \$3<br/>11 Mindful Living &amp; Meditation \$3<br/><b>1:30 Textiles &amp; Tortillas, Contemporary Mayan Women in Guatemala, Presented by Devik Wyman</b></p> <p>23</p>   | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Fitness Room \$2<br/><b>9-12 Computer Room</b><br/>9:30 Cribbage<br/>10-2 Mah Jongg<br/>10-12 Ask-the-Experts<br/>10:30-12:30 Grupo Latinoamericano<br/>11 Zumba \$3<br/>11 Discussion Group<br/><b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>2-3 Caregiver Support Group<br/><b>2-3:30 zoom: Films that Changed America, Presented by Marc Lapadula</b></p>  <p>24</p> | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-12 Computer Room<br/>9-4 Fitness Room \$2<br/>9-4 Open Sew<br/>9 Poker<br/>9:30 Strength Training/Cardio \$3<br/>10:30-12 Callahan Knitters<br/>11 Chair Yoga with Rebecca \$3<br/>12:30 <b>zoom:</b> Conversation &amp; Humor<br/><b>12:30-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b></p> <p>25</p>                   |
| <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Fitness Room \$2<br/><b>9-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b><br/>9-12 Blood Pressure Clinic<br/>9:30 Strength Training/Cardio \$3<br/>11 Mindful Living &amp; Meditation \$3</p> <p>30</p>   | <p>8:30-4 Pool Tables Open<br/>8:30-4 Table Tennis<br/>9-4 Fitness Room \$2<br/><b>9-12 Computer Room</b><br/>9:30 Cribbage<br/>10-2 Mah Jongg<br/>10-12 Ask-the-Experts<br/>10:30-12:30 Grupo Latinoamericano<br/>11 Zumba \$3<br/>11 Discussion Group<br/><b>12-4:30 Computer Rm. closed: AARP Tax Prep, by appt.</b></p> <p>31</p>   | <p><b>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION</b></p> <p>Parkinson's Support Group: 3/1 &amp; 3/15, 1 pm</p> <p><b>NEW</b> Cardiac Support Group: 3/8, 10 am</p> <p>Bereavement Support Group: 3/8 &amp; 3/22, 1 pm</p> <p>Grandparent Support Group:<br/>Call 508-532-5980, ext. 4108 for more info</p> <p>Low Vision Group: 3/16, 11 am</p>   |



## ELDER LAW WITH FRANK AND MARY

by *Arthur P. Bergeron*  
and *Leah A. Kofos*

*Arthur and Leah are elder law attorneys in the  
Trusts and Estates Group at Mirick O'Connell.*

## 'TIS THE SEASON (TAX SEASON, NOT CHRISTMAS)

Every March I do a column with a set of tax reminders. Don't consider this advice from a tax expert. Consider it advice to get a tax expert. Fortunately, regarding tax issues, you may be able to get that for free. A number of senior centers work with AARP and local volunteers to provide that kind of advice. Check with your senior center or those nearby, since all senior centers are open to all seniors. Also, most accountants will respond to basic tax questions over the phone. That said, here are a few tax reminders you may want to talk about. My general advice: don't get your tax advice from the person over at Dunkin' Donuts.

- **Don't assume that just because your only income comes from Social Security, you do not need to file a return.**
- **On the other hand, don't assume that just because you don't have to file a return that you shouldn't file a return.**  
The obvious case in point is the so-called Massachusetts "circuit breaker" (who knows why they called it that) tax credit that you can get if your real estate taxes and water/sewer bill or your rent for 2021 exceeded a certain percentage of your income for that year. The statistic I read recently was that over one-third of the people who are eligible to get this check from the Commonwealth of Massachusetts do not get it because they do not apply for it. To get it, you have to file both a federal and a Massachusetts income tax return.
- **If you paid for home health care during 2021,** you can deduct those costs as a medical deduction if a doctor, nurse, or social worker certifies that the person receiving the care needed it because he or she needed regular personal assistance with at least two activities of daily living (ADL's, which are eating, dressing, bathing, toileting, or transferring) or needed supervision because of cognitive problems. That certification can be provided now, even if you did not get it in 2021.

I will be reviewing these and other tax matters relevant to seniors in my March seminar on Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary), and on local cable stations, along with Frank and Mary in Framingham, the local Access Framingham cable TV shows, where my co-host, Grace O'Donnell and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at **(508) 860-1470** or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com).



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Game answers for this issue will be published in next months issue.

Answer to Previous Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 1 | 9 | 6 | 7 | 5 | 8 | 2 | 3 |
| 7 | 8 | 2 | 1 | 9 | 3 | 5 | 6 | 4 |
| 3 | 5 | 6 | 4 | 2 | 8 | 7 | 9 | 1 |
| 1 | 2 | 3 | 7 | 8 | 6 | 4 | 5 | 9 |
| 9 | 7 | 5 | 2 | 3 | 4 | 6 | 1 | 8 |
| 8 | 6 | 4 | 9 | 5 | 1 | 2 | 3 | 7 |
| 6 | 9 | 7 | 3 | 4 | 2 | 1 | 8 | 5 |
| 2 | 3 | 8 | 5 | 1 | 7 | 9 | 4 | 6 |
| 5 | 4 | 1 | 8 | 6 | 9 | 3 | 7 | 2 |

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   | 2 |   | 5 |
|   | 1 |   | 8 |   |   |   |   |   |
|   |   |   |   |   | 4 |   |   | 7 |
| 5 | 2 |   |   | 8 |   | 1 |   |   |
| 1 | 9 |   |   |   |   | 3 | 4 |   |
|   | 8 | 4 |   | 9 |   |   |   |   |
|   |   |   |   |   |   |   |   | 1 |
|   |   | 5 |   | 4 | 3 | 9 |   |   |
|   | 3 |   |   | 5 |   |   | 2 |   |

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DIFFICULTY: ★★☆☆☆

## CROSSWORD PUZZLE

### ACROSS

- 1 Snow (Scot.)
- 4 Tooth
- 8 Carplike fish
- 12 Shipshaped clock
- 13 Quaker pronoun
- 14 Anglo-Saxon slave
- 15 Possessive pronoun
- 16 Pink
- 18 Cheese
- 20 Corkwood
- 21 "The Jungle Book" python
- 23 Eye of a bean
- 27 Across
- 32 Maiden loved by Zeus
- 33 Bobbsey twins
- 34 Spelt
- 36 Tactical Air Command (abbr.)
- 37 Title of Athena
- 39 Card game

### DOWN

- 1 Social climber
- 2 Nerve (pref.)
- 3 Boer
- 4 Federal Trade Commission (abbr.)
- 5 Melville's captain

### ANSWER TO PREVIOUS PUZZLE

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| A | L | T | A | L | E | D | A | S | E | R |
| L | O | A | M | I | L | E | X | E | G | O |
| B | A | B | I | V | I | I | I | R | E | P |
|   |   |   | A | T | E |   |   | L | O | W |
| H | A | W |   | U | C | A |   | M | E | N |
| A | S | H |   | N | O | E | S |   | T | G |
| N | C | O |   | E | A | G | E | R |   | E |
| D | I | L | I |   | L | I | R | A |   | T |
|   |   |   | E | C | T |   | S | R | I |   |
| A | S | S | A | I | L |   | A | D | M |   |
| G | A | O |   | A | O | U | T |   | A | A |
| U | L | M |   | R | O | D | E |   | C | A |
| A | P | E |   | A | P | O | D |   | E | A |

- 6 Tiber tributary
- 7 General (abbr.)
- 8 Factor
- 9 Async-Sync Interface (abbr.)
- 10 Chief of Naval Operations (abbr.)
- 11 Shak. contraction
- 17 Ember
- 19 Belonging to (suf.)
- 22 Donkey (Fr.)
- 24 Dopy
- 25 Hereditary property
- 26 Staff of office
- 27 Brow of a hill (Scot.)
- 28 Pallid
- 29 Urchin
- 30 No middle initial (abbr.)
- 31 Genesis (abbr.)
- 35 Plunder
- 38 Solution
- 40 Feline
- 42 Teacher of Samuel
- 45 Anglican (abbr.)
- 46 June 6, 1944
- 47 Cupid
- 49 Berne's river
- 50 Transparent mineral
- 51 Better Business Bureau (abbr.)
- 52 Orinoco tributary
- 53 Defiant shout
- 54 Tatar dynasty

|    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 |    |    | 13 |    |    |    | 14 |    |    |    |
| 15 |    |    | 16 |    |    |    | 17 |    |    |    |
| 18 |    |    | 19 |    | 20 |    |    |    |    |    |
|    | 21 |    | 22 |    |    | 23 |    | 24 | 25 | 26 |
| 27 | 28 |    |    | 29 | 30 | 31 | 32 |    |    |    |
| 33 |    |    | 34 |    |    | 35 |    | 36 |    |    |
| 37 |    | 38 |    | 39 |    |    | 40 |    |    |    |
| 41 |    |    | 42 |    |    | 43 |    |    |    |    |
|    |    | 44 |    | 45 | 46 | 47 |    | 48 |    | 49 |
| 51 | 52 | 53 |    |    |    | 54 |    | 55 |    |    |
| 56 |    |    |    | 57 |    |    |    | 58 |    |    |
| 59 |    |    |    | 60 |    |    |    | 61 |    |    |

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## NOTARY PUBLIC

- Bank Forms
- Last Will and Testaments
- Loan documents
- Marriage License
- Refinancing/Mortgages
- Titles/Bill of Sale
- Trusts



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- Gloria C. // resident daughter

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